

Texas

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

<http://www.tdh.state.tx.us/sshp/sshp.htm>

<p style="text-align: center;">The Epidemic</p> <p>63% of Texas adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>30% of Texas high school students are overweight or at risk of becoming overweight. (CDC YRBSS, 2003)</p> <p>The obesity rate among Texas adults doubled between 1990 and 2002. (CDC BRFSS, 1990, 2002)</p>	<p style="text-align: center;">Program Priorities</p> <ul style="list-style-type: none"> ➤ Develop and foster strong internal and external statewide networks/collaborations. ➤ Promote breast-feeding as the nourishment of choice for Texas babies. ➤ Promote calorie balance and physical activity as the best method of weight control. ➤ Promote awareness of obesity as a public health issue. ➤ Mobilize communities, schools, and families to create opportunities to choose lifestyles that promote healthy weight. ➤ Promote policies and environmental changes that support healthful eating habits and physical activity. ➤ Monitor obesity rates and related behaviors and health conditions for planning, evaluation, and dissemination activities. ➤ Target health-disparate populations in obesity prevention efforts.
<p style="text-align: center;">Recent Accomplishments and Products</p> <ul style="list-style-type: none"> ➤ Increased use and improved attitudes about walking in 10 communities after improvement and/or development and promotion of a community trail. ➤ Funded two communities for the first of 5 years for multi-level interventions and evaluations. ➤ Held a Pedestrian Safety "Train the Trainer" work shop for regional nutritionists, interested central office staff, and local health department staff. ➤ Provided technical support to local partners and coalitions by regional nutritionists. ➤ Formed a work group as part of the Texas Strategic Health Partnership to help with implementation of the state plan. 	<p style="text-align: center;">Upcoming Events and Products</p> <ul style="list-style-type: none"> ➤ A statewide fruit and vegetable promotion network ➤ Skill-building workshops for local coalitions to implement obesity prevention strategies ➤ A nutrition and physical activity Web site ➤ Targeted BRFSS surveys in two funded intervention communities ➤ An implementation guide for <i>The Strategic Plan for the Prevention of Obesity in Texas</i>
<p style="text-align: center;">New Partners</p> <p>Corpus Christi Parks and Recreation Department Crossroads Health Coalition Fort Stockton Parks and Recreation Department Governor's Council on Physical Fitness Healthier Fort Bend County Coalition Produce for Better Health Tem-Bel Health and Wellness Coalition Texas A&M Univ. School of Rural Public Health Texas Action for Healthy Kids Alliance Texas Department of Agriculture Texas Department of Health, Minority Health program Texas Department of Health, WIC program Texas Department of Health, Office of Border Health Texas Department of Human Services Texas State Strategic Health Partnership Trans Texas Alliance</p>	<p style="text-align: center;">Project Period: 2003-2008 Year First Funded: 2000 Funding Stage: Capacity Building Contact Person: Kimberley A. Sasser, RD, LD Public Health Nutrition Coordinator Texas Department of Health Telephone: 512-458-7111 ext. 2126 Fax: 512-458-7446 E-mail: kim.sasser@tdh.state.tx.us</p>



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